Child Psychology & Parenting Styles

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Introduction

- Introduction to Child Psychology
- Child Development
- Parenting Styles

Child Psychology

- The knowledge of child psychology has important impact on Parenting skills

- By introducing the basics of child psychology, parents will be able to have more understanding of their children's behaviour and they will be able to adapt their own parenting skills.

Child Psychology

- Child specialists spent years on child development, research shows that while each child is born with traits, temperament and abilities, it's the interaction with their environment, especially their parents, which ultimately determines how these characteristics are manifested as they grow and develop into competent adults.

Child Psychology

Topics Within Child Psychology

- Child psychology encompasses a wide range of topics, from the genetic influences on behaviour to the social pressures on development.
- The following are just some of the major subjects that are essential to the study of child psychology:

-Genetics - temperament

-Prenatal Development

-Social Growth

-Personality Development

-Language

-Gender Roles

-Cognitive Development and learning process

-Sexual Development

Temperament

- Don't compare your children to other children and remember that even brothers and sisters are different despite the similarities in their environment.
- Psychologists have identified nine Temperament Characteristics: (Thomas and Chess)

1. Activity
2. Regularity
3. Initial reaction
4. Adaptability
5. Intensity
6. Mood
7. Distractibility
8. Persistence and attention span
9. sensitivity

Child Development

There are four domains in a child's development:

- Physical development
- Emotional development
- Social development
- Intellectual development (learning)

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"What do you mean 'it just happened'? Didn't we discuss cause and effect?"

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How do children think?

- This is an overview of the development of learning process.
- Children are not little adults.
- Until they reach the age of 15 or so they are not capable of reasoning as an adult.
- Jean Piaget devoted his life to closely observe infants, children and adolescents.
- He came out with the following stages in our children's learning process.
- We often expect children to think like adults when they are not yet capable of doing so. It is important that parents know what to expect from their child as they develop and to be sure that the expectations they may have for their child at a given age are realistic.
- There are four different stages of learning or development that each child goes through.

Stage 1 (birth- 2years)

- During this time the child's primary mode of learning occurs through the five senses.
- S/he learns to experience environment. The child touches things, holds, looks, listens, tastes, feels, bangs, and shakes everything in sight.
- For this child the sense of time is now and the sense of space is here.
- The child explores the environment with all senses.

Stage 2 (2-7 years)

- During this stage the child is busy gathering information or learning, and then trying to figure out ways that they can use what they have learned to begin solving problems.
- During this stage of his/her life your child will be thinking in specifics and will find it very difficult to generalize anything. An example would be a ball: A ball is not something that you use to play a game, it is just something that you throw.
- During this stage a child learns by asking questions. You will begin to think that if you hear the word why just one more time that you will go crazy. The child generally will not want a real answer to his question at this point. When he asks why do we have grass---He simply wants to know that it is for him to play in. No technical answers for now.
- The child in this age group focuses on himself. How does it affect me? Do I like it? This child also has no ability to go back in time and reason. If you miss your opportunity to explain or punish when it happens--forget it.

Stage 3 (7-11 years)

- This is a wonderful age as this is when children begin to manipulate data mentally. They take the information at hand and begin to define, compare, and contrast it. They, however, still think concretely.

- The child is capable of logical thought. This child still learns through their senses, but no longer relies on only them to teach him. He now thinks as well.

- A seven to ten year old is very literal in their thinking. That means that he will take everything that you say, do, and teach at face value--What they actually and literally mean. BLACK is black and WHITE is white. These children have a difficult time with symbols and figurative language.

Stage 4 (from age 11)

- At this stage the child will break through the barrier of literalism and move on to thinking in more abstract terms. this means that the child is capable of A memorization of dates, defining, understanding of facts and ideas, the use of rules, principles, and procedures. Ability to analyse and break down concepts into parts. putting together information or ideas. judging the value of information.

- He no longer restricts thinking to time and space.

- This child now starts to reflect, hypothesize, and theorize.
- He actually thinks about thinking.

Teenage 1

- You can begin to understand this age group if you look at its place on the growth sequence. Notice how it's right next to the adult stage, the last step before being an adult.
- This is a time for adolescents to decide about their future line of work and think about starting their own families in a few years.
- One of the first things they must do is to start making their own decisions. For example adolescents can begin to decide what to buy with their own money or who will be their friend. To do this they must put a little distance between themselves and their parents.
- This does not mean that you can't continue to ``look after them'' or help them when needed. You should, as much as possible, let them learn from the results of their actions.

Teenage 2

- Adolescents also need to be around other adults, both male and female. These can be relatives, neighbours, or teachers. Of course, they should be positive role models.

- Your teenagers can learn from them about things like how to fix the car, getting along with others, or ideas for future jobs.

- Finally, don't worry if they want to spend time alone. Adolescents can ``spend hours'' day dreaming about their future life. They might be planning the things they can do or will buy ``when they grow up.'' Remember, to travel far, one begins with the first few steps!

Parenting styles

It has been found that there are a number of parenting styles introduced by Baumrind after a big study. This includes:

Authoritarian

Authoritative

Permissive

Unresponsive

1. Authoritarian Parenting

In this style of parenting,

- children are expected to follow the strict rules established by the parents.
- Failure to follow such rules usually results in punishment.
- Authoritarian parents fail to explain the reasoning behind these rules. If asked to explain, the parent might simply reply, "Because I said so."
- These parents have high demands, but are not responsive to their children. According to Baumrind, these parents "are obedience- and status-oriented, and expect their orders to be obeyed without explanation

- Authoritarian parenting styles generally lead to children who are obedient and proficient, but they rank lower in happiness, social competence and self-esteem.

2.Authoritative Parenting

- Like authoritarian parents, those with an authoritative parenting style establish rules and guidelines that their children are expected to follow.
- However, this parenting style is much more democratic.
- Authoritative parents are responsive to their children and willing to listen to questions. When children fail to meet the expectations, these parents are more nurturing and forgiving rather than punishing.
- Baumrind suggests that these parents "monitor and impart clear standards for their children's conduct.
- They are assertive, but not intrusive and restrictive. Their disciplinary methods are supportive, rather than punitive.
- They want their children to be assertive as well as socially responsible, and self-regulated as well as cooperative"

- Authoritative parenting styles tend to result in children who are happy, capable and successful.

3. **Permissive Parenting**

- Permissive parents, sometimes referred to as indulgent parents, have very few demands to make of their children.
- These parents rarely discipline their children because they have relatively low expectations of maturity and self-control.
- According to Baumrind, permissive parents "are more responsive than they are demanding. They are nontraditional and lenient, do not require mature behavior, allow considerable self-regulation, and avoid confrontation" (1991).
- Permissive parents are generally nurturing and communicative with their children, often taking on the status of a friend more than that of a parent.

- Permissive parenting often results in children who rank low in happiness and self-regulation. These children are more likely to experience problems with authority and tend to perform poorly in school.

4.Uninvolved Parenting

- An uninvolved parenting style is characterized by few demands, low responsiveness and little communication.
- While these parents fulfil the child's basic needs, they are generally detached from their child's life.
- In extreme cases, these parents may even reject or neglect the needs of their children.

- Uninvolved parenting styles rank lowest across all life domains. These children tend to lack self-control, have low self-esteem and are less competent than their peers.

Factors determining parental styles

- **Why Do Parenting Styles Differ?**
- why all parents simply don't utilize an authoritative parenting style.
- After all, this parenting style is the most likely to produce happy, confident and capable children.
- Some potential causes of these differences include:
- culture,
- personality,
- family size,
- parental background,
- socioeconomic status,
- educational level
- religion.

Who is right mum or dad?

- Of course, the parenting styles of individual parents also combine to create a unique blend in each and every family. For example, the mother may display an authoritative style while the father favours a more permissive approach. In order to create a cohesive approach to parenting, it is essential that parents learn to cooperate as they combine various elements of their unique parenting styles

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Summary

- Know your child
- Be aware of his temperament
- know what to expect from your children as they develop and be sure that your expectations of your child are realistic.
- Authoritative parenting styles tend to result in children who are happy, capable and successful.